



## Chocolate-Potato Tweed Cake

READY IN



45 min.

SERVINGS



12

CALORIES



267 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.1 teaspoon cream of tartar
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 cup butter softened
- ☐ 1 cup potatoes red cooked peeled mashed
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar divided
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon cocoa unsweetened sifted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

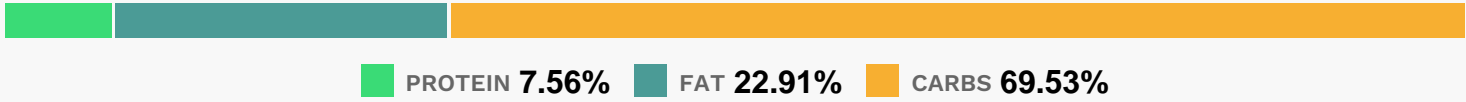
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ kugelhopf pan

## Directions

- ☐ Preheat oven to 35
- ☐ Beat egg whites and cream of tartar at high speed of a mixer until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time; beat until stiff peaks form. Set aside.
- ☐ Beat 1 1/4 cups sugar and margarine in a large bowl at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add mashed potatoes and egg; beat well.
- ☐ Combine flour and next 7 ingredients (flour through nutmeg).
- ☐ Add flour mixture to potato mixture alternately with milk, beginning and ending with flour mixture. Fold egg white mixture and vanilla into batter; pour batter into a 12-cup Bundt pan coated with cooking spray.

- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan. Cool completely on a wire rack.
- ☐ Cut into 12 slices.
- ☐ Sprinkle with cocoa; dollop each serving with 1 tablespoon whipped topping.

# Nutrition Facts



## Properties

Glycemic Index:26.01, Glycemic Load:30.53, Inflammation Score:-4, Nutrition Score:6.801304322222%

## Flavonoids

Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 7.2mg, Epicatechin: 7.2mg, Epicatechin: 7.2mg, Epicatechin: 7.2mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 266.66kcal (13.33%), Fat: 7.04g (10.83%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 45.84g (16.67%), Sugar: 26.88g (29.87%), Cholesterol: 16.09mg (5.36%), Sodium: 381.47mg (16.59%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.43mg (2.81%), Protein: 5.22g (10.45%), Manganese: 0.37mg (18.47%), Selenium: 11.91µg (17.01%), Vitamin B1: 0.2mg (13.42%), Vitamin B2: 0.21mg (12.2%), Folate: 47.93µg (11.98%), Iron: 1.82mg (10.1%), Copper: 0.19mg (9.5%), Phosphorus: 91.79mg (9.18%), Fiber: 2.21g (8.83%), Vitamin B3: 1.57mg (7.85%), Magnesium: 28.4mg (7.1%), Calcium: 61.15mg (6.12%), Vitamin A: 271.83IU (5.44%), Potassium: 159.04mg (4.54%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.25mg (2.51%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.29mg (1.94%), Vitamin D: 0.19µg (1.28%)